### Psalms

## Chapter 69

To the [music] director:  
  
[Set to the music of the song called] For the Changes.  
  
A Psalm by David.  
  
  
  
  
1Save me, please, O my God,  
 For my soul [is drowning] in water.  
 It’s deep and slimy, and I have no support…  
 2I’ve gone into the depths of the sea,  
 And by the winds of a gale, I’ve been sunk.  
  
3From shouting, I’ve become tired,  
 And my throat is now very sore.  
 But, although my eyes have started to fail,  
 I still have faith in my God.  
  
4My enemies number more than the hairs on my head…  
 Yes, there are many that hate me.  
 And my foes are now very strong  
 (Those who’ve unjustly driven me out).  
 And for things that I didn’t steal,  
 They tell me that I must repay.  
  
5O God,  
  
You know of my sins,  
 And You know of my foolish ways…  
 For from You, they’ve never been hidden.  
  
6But, may all those who put trust in You  
 Never feel ashamed over me.  
 Yes, O Jehovah of Armies;  
 May those who are seeking IsraEl’s God  
 Never feel ashamed about me.  
  
7But, because of You, I’m scorned,  
 And my face has been covered with shame.  
 8I’ve been driven away from my brothers…  
 I’m a stranger to the sons of my mother.  
  
9Although zeal for Your House has consumed me,  
 The scorn of blasphemers has fallen on me.  
 10So my life is now wrapped up in fasting,  
 And this gives them more reasons to laugh.  
 11For, when I was covered in sackcloth,  
 I became a parable among them.  
  
12Those sitting at the gates now think about me,  
 And about me, even drunks are singing songs.  
 13But to You, O Jehovah, I’ve cried out in prayer:  
  
 ‘O God, I’ll wait ‘til the time that You’ve set,  
 When in Your mercy, You’ll heed me once more,  
 And show them the truth of how You can save.’  
  
14O save me, for I’m stuck in this ‘mud’…  
 Pull me out of the ‘waters’ of those who detest me!  
 15May the ‘gale’ not sink me in water,  
 Nor swallow me down in the mouth of its ‘well.’  
  
16Please listen to me, O Jehovah,  
 For Your mercies are all very tender.  
 Yes, in Your compassion, please look upon me!  
  
17Don’t turn Your face from Your servant…  
 In my time of affliction, please notice!  
 18Pay attention and ransom my soul…  
 From my enemies, please come here and save me!  
  
19You know of my shame and remorse,  
 And before You, my enemies scorn me.  
 20Although I thought they’d grieve over my misery;  
 They didn’t, and they brought me no comfort.  
  
21As food, they offered me bile,  
 And gave me vinegar instead, to quench my thirst.  
 22May [what they offered] become their own snare…  
 May [it keep them] from their reward.  
  
23May their eyes become dark, so they can’t see,  
 And may their backs be bent over double.  
 24Please pour out Your anger upon them…  
 May they be caught in Your rage.  
  
25May the houses they own become empty,  
 And may no one ever live in their tents.  
 26For they’ve chased this one whom You struck,  
 And added to the pain of my wounds.  
  
27For their lawless ways, may they see lawless ways…  
 May they not enter Your justice.  
 28In the Scroll of Life, may their names not be written…  
 Among the righteous, may their names be erased.  
  
29I stand in Your presence, poor and in pain;  
 So God, please take care of me!  
 30Then I’ll praise Your Name [every day]…  
 With songs, I’ll sing of Your glory.  
  
31So, God above, I’ll please You…  
 [I’ll offer] hoofed calves that are just sprouting horns.  
 32Then, may all the poor people see it,  
 And may they all start rejoicing!  
  
Inquire of God who gives life to our souls;  
 33For Jehovah pays attention to the needy,  
 And He listens to those bound in shackles…  
 He never looks at them in contempt.  
  
34So, praise Him You heavens, you earth, and you sea,  
 And all the things that may crawl there;  
 35For, Zion will be saved by our God,  
 And the cities of Judah will then be rebuilt,  
 Which the people will inherit thereafter…  
 Yes, that’s where they’ll dwell.  
 36The offspring of Your servants will own it,  
 And those loving Your Name will all camp there.